

## How Do I Earn the \$100 BMI (Body Mass Index) Co-Share Credit?

The 2016-2017 BMI Activity is being offered from **September 1, 2016 through March 31, 2017**. The activity is split into **two parts, part (a) and part (b)**. Each part allows eligible employees\* to earn \$50 in co-share credit for a total of \$100 in co-share credit.

**Part (a):** Requires participants to obtain a BMI screening at either a Health Fair OR in their physician's office **between September 1, 2016 and March 31, 2017**. If you obtain your BMI at your physician's office, you must complete the BMI co-share incentive form and fax in for credit.

**Part (b):** If your BMI reading is less than 30 you will automatically qualify for the \$50 part (b) co-share credit. If your BMI is 30 or more you will have to take action to earn the additional \$50 co-share credit. Your two options are:

### Option 1:

Enroll in the Diabetes Prevention Program (DPP) and attend session 1 and at least 1 additional session (see details on the DPP in the FAQ). Complete the BMI co-share incentive form and fax in for credit.

### Option 2:

Attend 3 sessions with a nutrition counselor. Complete the BMI co-share incentive form and fax in for credit.

The BMI co-share credit form is available at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov). It is important to note that DPP and attending nutrition counseling sessions can take time. Be sure to get your BMI screening done early enough in the activity time frame to allow time to complete either option 1 or 2. All Part (b) activities must be completed between **September 1, 2016 and March 31, 2017**.

\*All State of Rhode Island Employees are eligible to participate in Rewards for Wellness activities but only employees who are paying the State employee medical co-shares that are posted at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) are eligible to receive incentives for co-share credit.



# Frequently Asked Questions about the BMI (Body Mass Index) Incentive Activity

## 1. Why is the State promoting nutritional counseling and weight loss?

Overweight and obese individuals are at increased risk for many diseases and health conditions, including the following:

- Hypertension (high blood pressure)
- Dyslipidemia (cholesterol conditions, including high LDL cholesterol, low HDL cholesterol, or high levels of triglycerides)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

Taking positive steps to reduce your weight can yield immediate health improvements!

### **BMI ranges**

- **Underweight:** less than 18.5
- **Healthy weight:** 18.5 - 24.9
- **Overweight:** 25.0 - 29.9
- **Obese Class I:** 30.0 - 34.9
- **Obese Class II:** 35.0 - 39.9
- **Obese Class III:** greater than 40.0

## 2. If my BMI is 30 or over, how can I qualify for the part (b) \$50 co-share credit?

To earn the \$50 –share credit, you may participate in:

Enroll in the Diabetes Prevention Program and attend session 0 and at least 1 additional session

**OR**

Attend three sessions with an in-network nutritionist/dietician (no co-payment charge if BMI  $\geq 30$ )

To get the incentive credit, you must submit the completed BMI Co-Share Incentive Form available at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov).

### **3. What is session 0 and 1 additional session of the DPP mean?**

The Diabetes Prevention Program (DPP) is a 16-session program. To qualify for the part (b) incentive you have to attend session 0, which is an introductory session and then an additional session. “Additional Session” could be session 1, 2, 3 etc. However, we recommend you attend the session 1 following session 0 as the program builds upon each session. Once you have completed the requirements to obtain the part (b) incentive, you are still about to attend the DPP sessions at NO COST to you. We encourage you to continue to attend and complete the program.

### **4. During the BMI Incentive Activity’s time of offer (9/1/16-3/31-17), I did one of the approved actions highlighted in Question #2, but my BMI is still over 30. Would I still get the co-share credit?**

Yes! You would still get the co-share credit! This program is about taking reasonable steps to lose weight and improve your health. By simply participating in an the DPP program OR going to an in-network nutritional counselor three times, you will qualify for the \$50 co-share credit.

### **5. If my BMI is 30 or over, do I get the part (a) co-share credit?**

Yes! Part (a) of the BMI Activity requires you to have your BMI screening at either a health fair OR your physician’s office between September 1, 2015 and March 31, 2017. If you do this, you will receive the \$50 co-share credit, regardless of what your BMI is.

### **6. Is Nutritional counseling a covered benefit on the State Employee Medical Plan?**

Nutritional counseling services are only a covered benefit if your BMI is 30 or over, or if you have certain medical conditions that require a special diet (i.e., diabetes, coronary artery disease). Up to a maximum of six (6) sessions per year are covered. Visits to a Registered Dietician must be prescribed by a physician in order to be covered by the state medical plan.

### **7. Will I have to pay a co-pay for my visit to the nutritionist?**

The member responsibility depends on the Plan the member is enrolled in. The State health plan will only pay a percentage of the eligible expense and you will be responsible for the remaining amount, including the non-network deductible as applicable.

### **8. How do I find an in-network Nutritionist (Registered Dietician)?**

To find a licensed participating provider for nutritional counseling services:

- 1) Log onto [www.myuhc.com](http://www.myuhc.com) using your user name and password.
- 2) Click on the “Find a Doctor” link found in the middle of the page, under the heading “What would you like to do today?”
- 3) Click “Find a Provider” located in the middle of the page.
- 4) In the New Search box, type “Nutrition Services” and click “Go.”
- 5) If needed, change zip code and/or mile search radius.
- 6) You may also narrow your search by choosing a particular city, gender of physician, etc.
- 7) Choose a Provider.

Or you can call UnitedHealthcare Customer Service at 1-866-202-0434 and they can assist you in finding a provider